



Wild Wellbeing Days

Get back to nature with our exciting range of team building and away day packages



London
Wildlife
Trust

What are Wild Wellbeing Days?

Time spent outdoors is scientifically proven to improve our mental wellbeing and increase productivity.

We offer an exciting range of team building and mindfulness activities across a host of stunningly wild spaces in central London locations.



Discover



Connect



Reset

Outline of the Day

Day Delegate Packages start from £65+VAT per head and team building activities are priced separately.

Choose from full day or half day venue hire options.

We recommend the following programme:

09:30	Delegate arrival
10:00	Team meeting
12:00	Lunch
13:00	Team building activity*
16:00	Wrap up and delegate departure

*activities range in length from 1-2.5 hours



London
Wildlife
Trust



Walthamstow Wetlands

 Tottenham Hale

 Meeting room facilities

 Stunning waterside views

 211 hectare nature reserve

Activity Options

GPS SCAVENGER HUNT

Explore the wildness of the wetlands with this outdoor activity trail, compete the digital challenges to collect team points

**from
£30 pp*

BUSHCRAFT SKILLS

Use bushcraft skills to turn water from the stream into a hot cuppa, develop outdoor skills and connect with nature

£25 pp

TERRARIUM BUILDING

Create your very own miniature indoor garden in a glass vessel, learn about the plant ecosystems of moss, ivy and ferns

£27 pp

ELEMENTS YOGA

A dynamic and creative class, grounding the universal principles of the elements.

£20 pp

Please note: All prices above are exclusive of VAT. Activities are subject to host availability.

**GPS Scavenger Hunt is subject to additional set up fee*



Camley Street Natural Park



Kings Cross



Meeting room facilities



Canal-side views



1 hectare nature reserve

Activity Options





KOKEDAMA	Learn the Japanese art of creating your very own hanging garden to take home	£50 pp
PERFUME BAR	Blend aromas and select scents to create your own unique natural perfume	£46 pp
MACRAME	Immerse yourself in the basics of this ancient craft and take home your own beautiful boho creation	£45 pp
ELEMENTS YOGA	A dynamic and creative class, grounding the universal principles of the elements.	£20 pp
GPS SCAVENGER HUNT	Explore the local neighbourhood with this outdoor activity trail, completing digital challenges to win	£15* pp

Please note: All prices above are exclusive of VAT. Activities subject to host availability

**GPS Scavenger Hunt is subject to additional set up fee*



Woodberry Wetlands

-  Finsbury Park
-  Café facilities
-  Stunning lake views
-  11 hectare nature reserve

Activity Options

GPS SCAVENGER HUNT

Explore the wildness of the wetlands with this outdoor activity trail, compete on digital challenges to collect team points

from
£30* pp

Please note there are no meeting room facilities at this location, so we recommend only half day options. We can reserve a table in our covered outdoor seating area and pre-order lunch from the café.

All prices above are exclusive of VAT. Activities subject to host availability.

**GPS Scavenger Hunt subject to additional set up fee*

What's included in the Day Delegate Package?

Venue Hire

Use of venue and facilities from 09:30 – 16:00

Arrival Refreshments

Tea, coffee and Danish pastries

Lunch

Chef's selection of seasonal fillings on artisan breads and bagels, crisps and fresh fruit

Afternoon Tea Break

Tea, coffee and cake selection

Unlimited filtered water throughout

£65+VAT per person

Minimum numbers:

Camley Street Natural Park – 40

Walthamstow Wetlands – 15

Woodberry Wetlands – Not currently available



London
Wildlife
Trust

Image Credits

In order from left to right

Page 1 – no credit required

Page 2 – Tom Clazie Finn Flynn, no credit required, Eleanor Church

Page 3 – Sabba Choudry

Page 4 – Cate Castleton, Tinder Sticks, no credit required, James Cracknell

Page 5 – Katrina Duffey, no credit required, Freya Manners, Anna Schwarz

Page 6 – James White, Eleanor Church, no credit required, Eleanor Church

Page 7 – Katrina Duffey